Pumpkin Pie

Pumpkin pie. A holiday favorite. Often, this one specialty is something the gluten free person misses most during the fall. Now, gluten free pumpkin pie, whole, or in part, can be found in the freezer section of some grocery stores during the holiday season. Some are prebaked. Others are not. Some stores will even bake gluten free pumpkin pie for customers, saving them time and energy. No one has to give up a holiday favorite anymore. Take your own pie to holiday gatherings, if necessary. Take one slice to each gathering. No one will know the difference.

Pre Cook Preparation:

- **A. Timer set to the time to begin preparation prior to cooking**
- **B. Stay with meal to stir frequently**

Meal Adaptations:

Physical Accommodations:

- **Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing**
- **Large handled measuring cups and spoons**
- **Large handled mixing spoons**

Visual Accommodations:

- **Easily identifiable labeled ingredients**
- **Long oven mitts**
- **Brightly colored measuring cups, spoons, and bowls**

Potential Food Allergy or Intolerance:

- **Butter (lactose)**
- **Eggs**
- **Flour (gluten)**
- **Milk (lactose)**
- **Sugar (diabetics)**
- **Vanilla flavor (gluten)**

Meatless Preparation Avoid:

- **Butter**
- **Eggs**
- **Milk**
- **Substitute with: _____**

Utensils:

- **Measuring cups**
- **2 Mixing bowls**
- **Microwave safe cup**
- **Spoon**
- **Toothpick (round)**
- **Pan: 2.5 quart glass baking pan. *****

***** Dark glass bakes quicker, so reduce time.**

*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:

Pie Crust:

2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
1 tablespoon vanilla extract (gluten free)
Dash of salt
2 eggs
Water, as needed

Pie Mixture:

2 tablespoons butter
1 teaspoon of cornstarch
1 large egg
1 12 ounce can of evaporated milk
2 cups of pureed pumpkin (about 1 can)
1 12 ounce can of evaporated milk
2/3 cup of sugar

Optional:

Whipped cream

Preparation time: 15 minutes

Preparation:

Pie shells:

1. Mix in a medium sized mixing bowl:
   2 cups of Bisquick Gluten Free Baking Mix
   3/8 cup brown sugar
   1 tablespoon vanilla extract (gluten free)
   Dash of salt
   2 eggs
   Water, as needed to reach consistency
2. Mix well.
3. Spoon into buttered baking dish.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. **Peel, slice, and puree 2 cups of pumpkin.**
2. **Mix in an additional mixing bowl:**
   - **2 tablespoons butter**
   - **1 teaspoon of cornstarch**
   - **1 large egg**
   - **1 12 ounce can of evaporated milk**
   - **2 cups of pureed pumpkin (about 1 can)**
   - **1 12 ounce can of evaporated milk**
   - **2/3 cup of sugar**
     - **Optional:**
       - **Whipped cream**
       - **Add a dash of soy or almond milk, if necessary.**
3. **Pour into baked pie crust.**
4. **Place extra pie crust over top.**
5. **Sprinkle with brown sugar and tiny bits of butter.**
6. **Place in oven.**
7. **After baking, and cooling, add whipped cream if desired.**

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings.

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.